



# A Student's Guide to Studying Psychology

By Thomas M. Heffernan

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Now in its third edition, this very popular guide to studying psychology remains an invaluable tool for students at both undergraduate and pre-degree level, along with those deciding whether to take psychology as an academic subject.

Providing insights into the most critical aspects of studying psychology, *A Student's Guide to Studying Psychology* is distinguished from other texts by its easy to follow format and practical nature. Topics covered include:

- Perspectives within psychology
- Making the most of seminars, tutorials and lectures
- How to write essays and empirical reports
- Guidelines on exam preparation and technique
- Information on careers in psychology and tips for applying for jobs, including how to write your own curriculum vitae.

For this fully updated third edition, new advice is included on web-based research and referencing. Subject coverage is expanded to include contemporary research trends in cognitive neuroscience, evolutionary psychology and positive psychology. In addition, new material investigates postgraduate specialisms including neuropsychology, psychotherapy and sport psychology.

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### Editorial Review

#### Review

*"We are faced with the usual hysteria surrounding the apparent decline of traditional subjects like maths and physics, and the concomitant rise of supposedly 'soft' subjects such as psychology. But Heffernan's guide effectively dispels this unflattering distinction; introducing the prospective psychology undergraduate to the multidimensionality and robust scientific credentials of the contemporary discipline. And for those navigating the early stages of their degree course, the book includes thorough and focused sections on empirical report writing, research methodology and examination preparation. Refreshingly, Heffernan emphasises the importance of 'critical analysis' and 'understanding' - values that must be internalised by those who aspire to enter the applied fields that are cogently outlined in the final chapter."* - **Andy Medley, University Hospital Birmingham, UK, in *The Psychologist*, January 2006**

#### About the Author

**Thomas M. Heffernan** is Senior Lecturer at the University of Northumbria. He has taught psychology for over 12 years, as well as carrying out research in the discipline.

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